

# OKINAWA MARINE

NOVEMBER 16, 2012

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Marines drive an assault amphibious vehicle aboard the USS Denver during Exercise Keen Sword 2013 Nov. 9. U.S. military and Japan Ground Self-Defense Force personnel are training alongside each other at locations throughout Japan during Keep Sword, a regularly-scheduled, joint, bilateral exercise. The Marines are with Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force. Photo by Lance Cpl. Adam B. Miller

## Exercise Keen Sword '13 begins

Lance Cpl. Adam B. Miller  
OKINAWA MARINE STAFF

ABOARD USS DENVER — Marines and Japan Ground Self-Defense Force members commenced

their maritime participation in Exercise Keen Sword 2013 aboard the USS Denver Nov. 8.

Keen Sword, which will run until Nov. 17, is a regularly-scheduled, joint, bilateral exercise between

U.S. and Japanese forces at training locations throughout Japan. Marines, sailors and JGSDF members have been participating in Keen Sword for more than two weeks  
see **KEEN** pg 5

## Marines refresh skills with instructor course

Lance Cpl. Brandon C. Suhr  
OKINAWA MARINE STAFF

CAMP KINSER — Marines completed a martial arts instructor course at Camp Kinser Nov. 9, certifying them as Marine Corps Martial Arts Program instructors for the current and next generation of Marines.

The grueling, three-week course is designed to push Marines beyond their physical and mental limits. The syllabus includes techniques from all belt levels, free-sparring, combat conditioning and classroom instruction on a variety of topics including case studies on warfare, warfighting theory and leadership traits.

"The Marine Corps Martial Arts Program was created to make ethical warriors," said Staff Sgt. Daniel E. Sandlin, a martial arts instructor-trainer and chemical, biological, radiological, and  
see **MAIC** pg 5



Chief Warrant Officer Rilin P. Desamours and Maj. Robert B. Thomas, right, practice a Marine Corps Martial Arts Program technique during a martial arts instructor course at Camp Kinser Oct. 23. Marines with the Martial Arts Center of Excellence, located at Marine Corps Base Quantico, Va., flew to Okinawa and observed the course and provided some lessons and feedback. Desamours is a tactical communications planning and engineering officer with Headquarters Company, Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force. Thomas is the operations officer for Combat Logistics Regiment 37, 3rd Marine Logistics Group, III MEF. Photo by Lance Cpl. Brandon C. Suhr

## Beating the Blues

### Briefs assist Marines, sailors with stress

Lance Cpl. Ian M. McMahon  
OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — Beating the Blues briefs kicked off Nov. 14 here and are scheduled to be held throughout November at all Marine Corps installations on Okinawa.

Beating the Blues is an annual program designed to educate Marines and sailors about issues service members and their families commonly deal with during the winter holidays.

For many forward-deployed service members who are separated from family and friends, the holiday period can be a difficult and stressful time, especially if it is the service member's first time away from home.

"Beating the Blues can help reduce that stress," said Deborah Wells, prevention and counseling services manager with the Behavioral Health Family Advocacy Program, Marine and Family Program Branch, Marine Corps Community Services.

Beating the Blues was initiated in 1999 to address safety, suicide and substance abuse. The program added the topics of combat operational stress control in 2004 and sexual assault in 2009.

"The main purpose of the program is to convey vital behavioral health information in an entertaining format and address high-risk behavior during the holiday season," said Morgan N. Willemsen, the MCCS marketing account executive.

Beating the Blues is required training for all Marines and sailors on Okinawa.

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IN THIS  
ISSUE

**MEDICINE TAKE BACK  
DAY NOV. 17 FOR  
ENVIRONMENTAL AND  
PUBLIC SAFETY  
PG. 3**

**MARINE CORPS BIRTHDAY PAGEANT**  
Honoring the past and present, attendees witnessed cake cutting and enjoyed military uniforms pageant.  
**PGS. 6-7**

**URBAN TERRAIN**  
Japan Ground Self-Defense Force, Marines clear close quarters together.  
**PG. 8**



# Suicide prevention

## Knowing warning signs can make difference

Deborah Wells

**Did you know that 75 percent of people who commit suicide tell someone about it in advance?**

Sometimes, those contemplating suicide talk as if they are saying goodbye or going away forever.

Between 20 and 40 percent of people who have killed themselves have previously attempted suicide. Those who have previously attempted suicide are at a much higher risk than those who have not.

Although most depressed people are not suicidal, most suicidal people are depressed. Serious depression can often manifest as obvious sadness, but just as often, it is expressed as a loss of pleasure or a withdrawal from activities that had once been enjoyable. It is important to start asking the questions and recognizing the signs early on to help prevent suicide.

Have you heard someone make statements like, "Life is not worth living, my family would be better off without me, I will not be around to deal with that, you'll be sorry when I am gone, there's nothing I can do to make it better, or I would be better off dead?" Have you observed someone getting their affairs in order, such as paying off debts or changing a legal will? Have you observed someone giving away articles of personal or monetary value? Additional signs of planning a suicide can be an individual obtaining a weapon or other means to complete suicide or writing a suicide note.

Have you noticed signs of depression such as a depressed mood, change in sleeping patterns, change in weight, speaking or moving with unusual speed or slowness, loss of interest in usual activities, withdrawal from family and friends, fatigue, feelings of worthlessness or guilt, diminished ability to think or concentrate, or thoughts of death, suicide, or wishing to be dead? Have you also noticed extreme anxiety, agitation, or raging behavior, excessive drug or alcohol use or abuse,

neglect of self-care, or feelings of hopelessness or desperation?

If you have heard someone making statements or exhibiting behaviors suggesting suicide or have seen them planning for suicide, take it seriously and get involved. Getting involved early is critical in suicide prevention. Be willing to listen, let them know you care, and seek professional help immediately. If you are seeing signs of depression, the risk for suicide is even greater. Contact a mental health professional right away and do not leave the person alone. Your friend will be more likely to seek assistance if you accompany them. In the event of an emergency, call 911 from a Defense Switched Network line or 098-911-1911 from a cell phone.

For more information, contact Marine Corps Community Service's counseling and advocacy program at 645-2915.

*Wells is a counseling services manager with the Marine Corps Community Services' Marine and Family Program Branch.*

## Getting involved early is critical in suicide prevention.

## Remember 'RACE' to prevent suicide

### Recognize distress

- Note changes in personality, emotions or behavior. Note withdrawal from co-workers, friends and family. Note changes in eating and sleeping patterns.

### Ask

- Calmly question about the distress you observed. If necessary, ask the question directly, "Are you thinking about killing yourself?"

### Care

- Actively listen, don't judge. Peacefully control the situation, do not use force, and keep everyone safe.

### Escort

- Never leave your buddy alone. Escort them to their chain of command, a chaplain, medical or a behavioral health professional.



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## AROUND THE CORPS



Marines and sailors return to the USS Wasp after providing disaster relief at Rockaway Beach, N.Y., Nov. 9. The Marines and sailors cleared debris and helped local citizens move damaged property from roadways in the area, which was affected by Hurricane Sandy. The Marines are with the 26th Marine Expeditionary Unit and the sailors are assigned to the USS Wasp. Photo by Cpl. Bryan Nygaard



A Marine color guard marches in the annual New York Veterans Day parade Nov. 11. The parade is hosted by the United War Veterans Council on behalf of the city of New York and is the oldest and largest of its kind in the nation. Since November 11, 1919, the parade has provided an opportunity for Americans and international visitors to honor those who have served and continue to serve. The Marines are with 6th Communication Battalion, Marine Forces Reserve. Photo by Cpl. Daniel A. Wulz



Afghan soldiers with the 215th Maiwand Corps prepare to swear the Afghan army's oath of allegiance during a ceremony at Camp Shorabak, Afghanistan, Nov. 8. During the ceremony, more than 1,000 Afghan soldiers took the oath and will soon be sent throughout Helmand province to their new duty stations as a surge of force for the Afghan army. Photo by Sgt. James Mercure

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H&S Battalion MCB PAO

Unit 35002

FPO AP 96373-5002

CENTRAL BUREAU

Camp Foster

DSN 645-9335

NORTHERN BUREAU

Camp Hansen

DSN 623-7229

SOUTHERN BUREAU

Camp Kinser

DSN 637-1092



# Marines, Fuji-area leaders meet before training

**Lance Cpl. Brandon C. Suhr**

OKINAWA MARINE STAFF

COMBINED ARMS TRAINING CENTER CAMP FUJI, Japan — Lt. Col. Jason Brown, the commanding officer of 3rd Battalion, 12th Marine Regiment, met with key leaders from the surrounding communities near the North Fuji Maneuver Area in mainland Japan Nov. 9.

Prior to Mike Battery conducting artillery live-fire training, Brown informed the leaders about training details and discussed his intent for Artillery Relocation Training Program 12-3. Mike Battery is currently assigned to 3rd Bn., 12th Marines, 3rd Marine Division, III Marine Expeditionary Force.

“The most valuable relationships we have as service members are with neighbors of the bases overseas,” said Brown. “It is important to inform the community about the training we are conducting.”

Brown first visited with Shigeru Horiuchi, the mayor of Fujiyoshida City. Fujiyoshida is the largest community near the training area at the base of Mount Fuji.

“We particularly wish to thank the (community) for your patience and hospitality in providing us access to facilities which are vital to our training in support of the U.S.-Japan security treaty,” said Brown during his visit with Horiuchi.

Brown next visited with Kozo Sato, the director of the Onshirin Regional Public Organization. The organization is a local public entity that manages the forests within the North Fuji Maneuver Area.

During the visit, Brown and Sato discussed how the area’s climate and terrain offers unique training challenges for Brown’s Marines and sailors.

“Even though our trees have autumn leaves, it still gets very cold during the nights,” said Sato. “We would like for you not to catch ill during your training.”

Next, Brown visited the mayor of Oshino Village, Yasunori Amano. During the visit,



**Lt. Col. Jason Brown presents Oshino Village Mayor Yasunori Amano with an ink pen from the National Museum of the Marine Corps as a token of appreciation during a meeting at Amano’s office Nov. 9. The meeting gave Brown the opportunity to inform the local mayor about training details and his intent for Artillery Relocation Training Program 12-3. Brown is the commanding officer of 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. Oshino Village is located in close proximity to the North Fuji Maneuver Area, where ARTP 12-3 is being conducted. Photo by Lance Cpl. Brandon C. Suhr**

Mayor Amano expressed an interest in the training schedule, and Brown reinforced the importance of the training his Marines are conducting.

“Our priority here at Camp Fuji is to safely conduct artillery training to increase proficiency in support of the U.S.-Japan alliance,” said Brown. “Once that intent has been met, firing will cease, our equipment will be cleaned, and it will be prepared for shipment back to Okinawa.”

The final visit was with Tadahisa Takamura, the mayor of Yamanakako Village. The village’s economy is primarily based on tourism and agriculture. Takamura welcomed the Marines and sailors just like he welcomes tourists to his vil-

lage, wishing them well during their training.

“I hope that you have a safe and successful training during your time at Mount Fuji,” said Takamura. “I look forward to seeing your demonstrations on media day.”

Several of the leaders, local media outlets and other distinguished guests attended an event demonstrating the training and proficiency of Mike Battery at the North Fuji Maneuver Area Nov. 13.

“Keeping the community informed about our training is important to maintaining the relationship between the U.S. and Japan,” said Brown. “Meeting with the community leadership and bringing them out to see how we operate is a critical aspect of the training program.”

## Camp Foster officials work to safely dispose of medications

**Lance Cpl. Brianna Turner**

OKINAWA MARINE STAFF

CAMP FOSTER — U.S. Naval Hospital Okinawa and the Provost Marshal’s Office, Marine Corps Base Camp Butler, Marine Corps Installations Pacific, plan to host a medication take back day Nov. 17 from 9 a.m. to 6 p.m. at the Camp Foster exchange and commissary.

The take back day is designed to provide status of forces agreement personnel an opportunity to properly discard their medication. Additionally, the day is used to raise awareness of the potential for prescription drug abuse and the environmental damages of improper medication disposal.

“Since pharmacies and hospitals cannot accept unwanted controlled medications or narcotics from patients, the pharmacy has coordinated take back days with the Provost Marshal’s Office where patients can bring back medication they no longer need,” said Navy Lt. Hao Xie, the officer in charge of the pharmacy department at USNH Okinawa.

The two locations were selected to allow people to easily drop their medication off while they are shopping.

“We collected approximately 250,000 doses of unused medication, weighing 100 lbs, during our last event in July,” said Xie. “We are

expecting even more participation this time.

“This event addresses a vital public safety and health issue. Unused medicines are highly susceptible to misuse and abuse. There has been recent secretary of defense guidance put out on stricter urinalysis that also prohibits (service members) from taking old, controlled narcotics or medications outside of their prescribed time period.”

“Having take back days on (Okinawa) will ensure we dispose of medications properly and will help with keeping our Marines and sailors out of trouble,” added Xie.

While the take back day Nov. 17 will only be held on Foster, there are plans to hold similar events quarterly on other bases so anyone who has unwanted or unused medication will have a chance to conveniently dispose of it properly.

“These drop off spots provide a means to keep expired or unused medication from piling up in service members’ houses,” said Capt. Daniel J. Burton, the operations officer for PMO. “It is important for the safety of service members and their families, that there is a way to safely dispose of controlled medications and narcotics.”

The take back day is also a way to show the government of Japan and local citizens that the U.S. military is committed to acting responsibly, according to Xie. Improper disposal of unused or expired medicine, often in the form of flushing it down the toilet or throwing it away, can pose both safety and environmental hazards.





**BRIEFS**

**TEMPORARY TRAFFIC REGULATIONS FOR SPECIAL OFF BASE EVENT**

Due to The 32nd National Convention for the Development of an Abundantly Productive Sea, there will be increased traffic regulations throughout Okinawa Nov. 17-20.

Okinawa Prefectural Police officers will be located in the affected areas to direct traffic to alternate routes and enforce parking restrictions. Status of forces agreement members are encouraged to follow all directions by local police officers when encountered on off base roads during this time.

Japanese Law Enforcement would also like to remind all SOFA members to have their ID card and driver's license on them at all times while driving off base. There will be traffic checkpoints and to minimize confusion, please have these items readily available.

A flyer with details of what areas and roads will be affected on which days can be found at [www.facebook.com/3mef.mcipac](http://www.facebook.com/3mef.mcipac) or picked up from the Provost Marshal's Office at Camp Foster. For more information, contact PMO at 645-7441.

**2012 ANNUAL CYBER AWARENESS TRAINING REQUIREMENTS**

Per Marine Administrative message 118/11, all Marine Corps Installations Pacific and III Marine Expeditionary Force personnel with network access on Navy/Marine Corps Internet, Marine Corps Worldwide or Secret Internet Protocol Router Network are required to complete their respective annual cyber awareness refresher training to maintain access to the network by Dec. 31.

All training must be conducted via MarineNet at [www.marinenet.usmc.mil](http://www.marinenet.usmc.mil).

For assistance, call 645-5015 or send an email to [MCIPACG6CSS@usmc.mil](mailto:MCIPACG6CSS@usmc.mil).



The following off-limits establishments are identified for all status of forces agreement personnel attached to or accompanying III Marine Expeditionary Force/Marine Corps Installations Pacific personnel on Okinawa. This includes all military members, civilian personnel (including contractors), and all family members in accordance with III MEF/MCIPACO 1620.

- Stoner's Den
- Tokyo Syoten Bookstore
- Samurai King
- Takahara Hotel
- The Ground Tobacco Shop
- Yoshihara Red Light District
- Bernard's Garage
- Events hosted by Parties International
- Shuffle Resort
- Hamby Bistro
- Liza's Bar
- JAH Reggae Shop Okinawa
- Bon Bon Dou
- Feel Herb & Shisha
- Bar Sakura

**TO SUBMIT A BRIEF,** send an email to [okinawamarine.mcbb.fct@usmc.mil](mailto:okinawamarine.mcbb.fct@usmc.mil), or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.

# Example to emulate

## Seminar offers ways to influence

**Lance Cpl. Brianna Turner**  
OKINAWA MARINE STAFF

CAMP FOSTER — Marines and sailors gathered at the Camp Foster Chapel Nov. 8 to discuss leadership and how it affects service members, during a 360-degree leadership seminar.

The seminar was open to all ranks but was directed towards middle leadership and offered tips on how to lead subordinates and peers while displaying leadership qualities to superiors.

"Middle leadership is anyone who has bosses above them and subordinates below them," said Master Sgt. Kenneth A. Roberts, who presented the seminar and serves as the logistics chief for G-4, supply and logistics, Marine Corps Base Camp Butler, Marine Corps Installations Pacific. "I want people to understand that they can lead, mentor and grow regardless of where they are at and can add value to an organization and its people."

The purpose of the seminar was to make sure Marines and sailors understand there is even more to leadership than what they have been taught during their time in service.

"The military has great psychologists, doctors and experts that put together different types of leadership classes, but a lot of times we just regurgitate information," said Roberts. "We don't delve into the meaning of what the words are and how we can put them into action."

The seminar discussed how to

develop better leadership skills and how to grow as a person while in a leadership position.

"As a leader, you influence everyone around you, not just the people in your direct chain of command," said Gunnery Sgt. Brian J. Allen, a seminar participant and the food service supply administration chief with MCB Camp Butler, MCIPAC. "You have to know that the things you do affect a lot of people in a lot of ways. While we are sitting in an office making decisions, we have to think about the people our decisions are impacting."

While the seminar was given to middle leaders, the lessons learned can benefit junior Marines and sailors as well.

"I think this class gave junior Marines hope by (showing them) that they have value and there are things they can do in their current position," said Roberts.

The idea that a difference can be made from any rank was one of the key points of the seminar.

The seminar highlighted how everyone is an asset, and everyone can teach something, according to Petty Officer 1st Class Nelson F. Lebron, a seminar participant and religious programs specialist with MCB Camp Butler.

"I think this will give the sailors working under me something to emulate," said Lebron. "If they see that I'm willing to change, they may see that they have things they can change too."

The seminar also gave the participants a chance to reflect



**Master Sgt. Kenneth A. Roberts speaks to Marines and sailors during the 360-degree leadership seminar held at the Camp Foster Chapel Nov. 8. The seminar gave participants the opportunity to learn more about how to be effective leaders to subordinates, peers, and seniors. Roberts is the logistics chief for G-4, supply and logistics, Marine Corps Base Camp Butler, Marine Corps Installations Pacific.** Photo by Lance Cpl. Brianna Turner

on their own leadership skills.

"I strongly believe in this seminar," said Allen. "I believe it gave me information and tools that will not only help me grow and be successful as a leader, but will help me look at my peers and leaders that I look up to and determine how I want to grow and what kind of leader I want to be."

MAILING DATES  
2012 HOLIDAY SEASON  
Mail your packages and letters prior to  
upcoming deadlines for timely receipt.  
FROM OKINAWA  

Destination	Express	1st Class	Priority	PAL*	SAM*
United States	Dec. 17	Dec. 10	Dec. 10	Dec. 3	Dec. 3

  
FROM UNITED STATES  

Destination	Express	1st Class	Priority	PAL*	SAM*
AP0/FPO AP 962-966	Dec. 17	Dec. 10	Dec. 10	Dec. 3	Nov. 26

\* PAL is parcel air lift  
\*SAM is space available mail  
These are two of the  
slowest and least expensive  
mailing methods.



# Foster Chapel holds birthday prayer



**1st Sgt. Gordon M. Miller reads Psalm 91 to service members at the Camp Foster Chapel Nov. 9 during a prayer service held to commemorate the 237th Marine Corps birthday. During the service, Miller explained why he has carried a copy of Psalm 91 with him since his deployment to Iraq. "Myself and the unit I was with were given a copy of Psalm 91 to carry in our breast pocket after being told about a unit that didn't lose a single service member in combat because they carried a copy of Psalm 91 with them," said Miller. "Many of the Marines in the unit were skeptical about it, but they were made believers when we didn't lose a single Marine during the deployment." Miller is the former acting sergeant major of Headquarters and Service Battalion, Marine Corps Base Camp Butler, Marine Corps Installations Pacific. Photo by Lance Cpl. Donald T. Peterson**

## KEEN from pg 1

on Okinawa, including base security operations in the Central Training Area at Camp Hansen.

Keen Sword allows the U.S. and Japan to practice coordination procedures and improve interoperability required to effectively defend Japan or respond to crises throughout the Asia-Pacific region.

"The purpose of (Keen Sword) is bilateral integration of both naval and ground assets between the Japan Self-Defense Force and United States forces," said Maj. Jonathan L. Hayes, the company commander for Company E, 2nd Battalion, 3rd Marine Regiment, which is assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. "This training not only makes us better warfighters, but also helps

Japan's forces develop while increasing our interoperability."

During Keen Sword, Company E, along with Marines with Combat Assault Battalion, 3rd Marine Division, will conduct a mock amphibious operation.

"I want to get my Marines back in the water, which is something the Marine Corps should be doing all of the time," Hayes said.

Although the Marine Corps is inherently amphibious, in the past decade, it has not conducted many amphibious operations because of its efforts in Afghanistan and Iraq, according to Hayes.

"The relevance of amphibious operations is very important strategically for the U.S. and Japan, especially with the potential for natural disasters and crises in this region," said Hayes. "It is important we conduct this

training with Japan, one of our most important allies."

In 1960, the U.S. and Japan signed the Treaty of Mutual Cooperation and Security, forging an alliance built on a shared vision of peace, prosperity, democracy and regional stability. Keen Sword is one example of the U.S. and Japan continuing to strengthen the alliance and meet the treaty's goals.

"This is a great opportunity for us to conduct an exercise with our ally and to learn about their strengths while seeing how we can best support each other in different scenarios," said 1st Lt. David A. Miller Jr., a platoon commander with Company E. "During Keen Sword, the Marines get to interact and train with their brothers-in-arms from Japan, which will strengthen our countries' relationship."

## BLUES from pg 1

"The training teaches Marines to be aware of danger signs for high-risk behavior and calls on them to care for one another," said 1st Sgt. Gordon M. Miller, the former acting sergeant major of Headquarters and Service Battalion, Marine Corps Base Camp Butler, Marine Corps Installations Pacific.

Using subject-matter experts as presenters, along with video clips and prizes to convey an upbeat yet serious attitude, the program conveys the importance of staying safe while away from home for the holidays.

"The program challenges Marines to get involved and to provide assistance and seek help for themselves or others as needed," said Miller.

The program directs Marines to on-base community resources such as Military One Source to assist them in times of crisis.

Along with the training, MCCA provides a list of holiday activities open to all service members and their families, allowing people to stay active and keep their spirits up.

## BEATING THE BLUES SHOW SCHEDULE:

- **Camp Foster Theater:**  
Nov. 16 from 8-9:30 a.m., 10-11:30 a.m., and 1:30-3 p.m.  
Nov. 21 from 8-9:30 a.m.
- **Camp Kinser Theater:**  
Nov. 19 from 8-9:30 a.m. and 1:30-3 p.m.  
Nov. 20 from 8-9:30 a.m. and 1:30-3 p.m.
- **Camp Courtney Theater**  
Nov. 26 from 8-9:30 a.m., 10-11:30 a.m. and 1:30-3 p.m.
- **Camp Schwab Theater:**  
Nov. 27 from 8-9:30 a.m., 10-11:30 a.m. and 1:30-3 p.m.
- **Camp Hansen Theater:**  
Nov. 28-30 from 8-9:30 a.m., 10-11:30 a.m. and 1:30-3 p.m.

## MAIC from pg 1

nuclear defense chief with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "It is not good enough to know how to fight and kill — you also need to know how to resolve a situation using non-lethal techniques."

The course graduates were awarded a secondary military occupational specialty of martial arts instructor, which allows them to teach and certify Marines up to the green-belt level of MCMAP. Graduates of the course are also eligible to train to become martial arts instructor-trainers, according to Maj. Robert B. Thomas, an instructor for the course and the operations officer for Combat Logistics Regiment 37, 3rd Marine Logistics Group, III MEF.

Marines with the Martial Arts Center of Excellence, located at Marine Corps Base Quantico, Va., flew to Okinawa and observed the course to provide lessons and feedback.

"We flew out here from Quantico to help spread the martial arts program throughout the Marine Corps," said Staff Sgt. Thomas M. Lee, a martial arts instructor-trainer with the MACE at MCB Quantico. "From the bases in the states to the bases in Okinawa, we're just making sure that everyone is on the same page and instructing their students correctly on the techniques."

The MACE Marines also reminded the course's students and instructors about MCMAP's role in the Marine Corps during their visit.

"They look at what you do, they train you and validate that what you're doing is good to go," said Staff Sgt. Danilo L. Dean, a student in the course and a basic contingency contract specialist with Headquarters and Service Battalion, Marine Corps Base Camp Butler, Marine Corps Installations Pacific. "The MACE Marines came to remind us of that our MCMAP training is more than just learning physical techniques."

MCMAP training is designed to develop Marines not just physically, but also mentally while focusing on their character, according to Lee. It is the combination of training that keeps MCMAP relevant, and the Marines at MACE are always looking for ways to improve the program and keep Marines engaged.

"We find it easier for the students to learn when we relate the training to their normal daily life," said Lee. "MCMAP is a perishable skill. If you don't constantly improve yourself and go over the physical, mental and character aspects of the program, it is something you can lose."

The MACE Marines' visit also gave the newly-qualified instructors something to work towards, ensuring they do not become complacent with their skills, according to Thomas.

"The Marines that just became instructors need to see that they can continue to advance in the program," said Thomas. "The MACE Marines coming out here showed them what they can achieve if they stay dedicated."



# Marines celebrate Corps' birthday with annual pageant, cake cutting

Lance Cpl. Anne K. Henry

OKINAWA MARINE STAFF

A youth football or baseball team practicing or Marines conducting physical training are common sights at the Camp Foster parade field. More unusual is the sight of immaculately-dressed Junior Reserve Officers' Training Corps cadets dating from the Revolutionary war to the present.

Marine Corps uniforms from different eras of history were showcased by members of the Kubasaki High School's JROTC during a uniform pageant and cake-cutting ceremony Nov. 9 to celebrate the Marine Corps' 237th birthday.

Marines and sailors with III Marine Expeditionary Force and Marine Corps Installations Pacific attended the ceremony, which began with an invocation and a reading of a message from the commandant. The students were then called out in the chronological order of the uniform they were wearing as a narrative highlighting the actions of Marines during the uniform's time period was read.

After the pageant, Lt. Gen. Kenneth J. Glueck Jr., the commanding general of III MEF and guest of honor at the ceremony, spoke about the past, present and future of the Marine Corps.

"This was a great event focused on our proud legacy," said Glueck. "When you look at all the places the Corps has been and all we have achieved in our history, it is simply awe-inspiring. We have a bright future ahead of us, and it is you Marines, here in the Asia-Pacific region, who will make history in the years to come."

The cutting of the birthday cake, a traditional Marine Corps ceremony symbolizing the passing of tradition from one generation of Marines to the next, followed the pageant.

Col. Katherine J. Estes, the battalion commander of Headquarters and Service Battalion, Marine Corps Base Camp Butler, MCIPAC, cut the cake and presented the first piece to Glueck. Estes then passed the second piece to the oldest Marine present, Master Gunnery Sgt. Michael A. Scott, provost sergeant, Provost Marshal's Office, MCB Camp Butler. The piece was subsequently passed by Scott to the youngest Marine present, Pfc. Macey T. Petit, a correctional specialist with PMO.

"This pageant exemplifies 237 years of history and esprit de corps," said Estes. "Days like this serve to remind us of the Marines who came before us."

The Marines present and JROTC members who participated in the pageant received a unique opportunity. The Marines got the chance to reflect on their past while the JROTC members gained insight into the Marine Corps' cultural heritage.

"I really enjoyed what we did today," said Cadet Pete Leyva, a JROTC member at Kubasaki High School. "I got to learn a lot about the history of the Marine Corps and it made me very proud to participate in the pageant."

The ceremony was a showcase of the history of the Marine Corps, highlighting the actions of 237 years of Marines serving their country around the world with valor and setting the high standard today's Marines continue to meet and exceed, according to Glueck.

"We must look back on our past," said Glueck. "It motivates us for the future and represents what it means to be a Marine."



Cadet Fabian A. Varela models the Marine Corps uniform from the Revolutionary War during the Marine Corps pageant at the Camp Foster parade field Nov. 9. Uniforms from every era of the Marine Corps were on display at the pageant. Varela is a Junior Reserve Officers' Training Corps member at Kubasaki High School. Photo by Cpl. Mar





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birthday  
during  
Mark W. Stroud



Master Gunnery Sgt. Michael A. Scott, the oldest Marine present, receives a slice of birthday cake during the Marine Corps birthday pageant and cake-cutting ceremony at the Camp Foster parade field Nov. 9. Scott then passed the piece of cake to the youngest Marine present, symbolizing the passing on of heritage and tradition within the Marine Corps. Scott is the provost sergeant of the Provost Marshal's Office, Marine Corps Base Camp Butler, Marine Corps Installations Pacific. Photo by Lance Cpl. Anne K. Henry



Members of the Kubusaki High School Junior Reserve Officers' Training Corps model historic Marine Corps uniforms at the Marine Corps birthday pageant at the Camp Foster parade field Nov. 9. The various uniforms represented different eras from Marine Corps history.

Photo by Cpl. Mark W. Stroud





Cpl. Joseph A. Rodriguez directs members of the Japan Ground Self-Defense Force as they clear a doorway during military operations on urban terrain training at the Central Training Area Nov. 8. During the training, Marines and JGSDF personnel discussed how to properly clear rooms and pass through danger areas in urban areas. Rodriguez is a military policeman with Company C, 3rd Law Enforcement Battalion, III Marine Expeditionary Force Headquarters Group, III MEF.

Members of the Japan Ground Self-Defense Force clear a doorway and check their corners with unloaded weapons during military operations on urban terrain training at the Central Training Area Nov. 8 as part of Exercise Keen Sword 2013. During the training, Marines and JGSDF personnel exchanged various techniques on how to enter and clear a room in urban terrain.

## JGSDF, Marines clear close quarters together

Story and photos by Lance Cpl. Daniel E. Valle  
OKINAWA MARINE STAFF

“Ready, go!” was the command given as the Marines and Japan Ground Self-Defense Force personnel stacked alongside an entrance. Upon hearing this, they swiftly breached the door and began clearing the immediate area before shouting “Clear!”

This was the scene at Combat Town at the Central Training Area, Camp Hansen, Nov. 8, as JGSDF personnel and Marines conducted bilateral training as part of Exercise Keen Sword 2013.

Keen Sword, which will run until Nov. 17, is a regularly-scheduled, joint, bilateral exercise between U.S. and Japanese forces at training locations throughout Japan. Keen Sword allows the U.S. and Japan to practice coordination procedures and improve interoperability required to effectively defend

Japan or respond to crises throughout the Asia-Pacific region.

During the training, the Marines with Company C, 3rd Law Enforcement Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, and JGSDF personnel exchanged various techniques on how to enter and clear a room.

“We are out here doing bilateral training with the JGSDF and discussing military operations on urban terrain,” said Sgt. Timothy D. Thompson, a military policeman with the battalion.

Sgt. 1st Class Kunsuke Tanigawa, a sniper with the 51st Regiment, Headquarters and Service Company, JGSDF, agrees with the importance of training during Keen Sword.

“We are joining in this training in order to learn from the U.S. forces and improve our skills,” said Tanigawa. “The U.S. military has developed a lot of training that incorporates new skills they acquired through the experi-

ence of actual wars. We can learn new training techniques and develop our forces based on their war experience.”

The Marines also learned from the JGSDF personnel, according to Lance Cpl. Dustin T. Kirk, a military policeman with the battalion.

“This exercise gives us a chance to build confidence with each other,” said Kirk. “We learn how the JGSDF operates and they learn some of our procedures. It is a good opportunity for us to exchange techniques.”

After finishing for the day, the Marines said that this training should be conducted with the JGSDF more often because it helps bring them closer together.

“Being out here training and working together builds a bond between us,” said Kirk. “It allows us to get to know each other on a personal level and build the trust between us while conducting important training and improving our ability to work together.”



# Marines, sailors explore local public transit

**Lance Cpl. Anne K. Henry**

OKINAWA MARINE STAFF

**A**s crowds of people rush to quickly board the bus in order to commute to work, a typical morning in Naha can be chaotic. It can be especially overwhelming for individuals who are not familiar with street and traffic signs or do not speak the local language.

However, Naha Nikkei Business College students recently translated signs and answered questions from eager service members during a familiarization trip focused on public transportation systems Oct. 27 in Naha, Okinawa.

The trip was organized so service members with various units stationed at Marine Corps Air Station Futenma could learn how to use the public transportation systems. The trip also provided the college students an opportunity to practice their English language skills and interact with the service members.

"This is a great thing," said Erika Shinzato, a second-year college student at Naha Nikkei Business College. "We get to practice our English as well as teach the Marines our



**Students from Naha Nikkei Business College explain how to use Okinawa's public transportation systems to service members at the Okinawa monorail station after traveling there by city bus in Naha, Okinawa, Oct. 27. The day gave the students a chance to practice their English while the service members got to explore the city and learn how to use the bus and monorail systems. Photo by Lance Cpl. Anne K. Henry**

customs and cultures."

The day began with the Marines and sailors meeting the students near MCAS Futenma and dividing into small groups consisting of two students and two service members.

"The goal today is for the service members to get familiar with the local bus and monorail systems," said Sgt. Maj. Brent L. Cook, sergeant major, MCAS Futenma, Marine Corps Installations Pacific. "We want them to go back and be able to tell other Marines how to use the systems so they can all experience the Okinawa culture."

Public transportation in a foreign

country can be difficult to use and even intimidating when one considers the added factor of attempting to understand a foreign language, according to Cook.

The students explained the bus system in a clear and concise way, enabling the Marines to easily use Okinawa public transportation.

"This is a great experience," said Seaman Edouard Blanc, a hospital corpsman with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "Using the bus is a lot easier and cheaper

than using a taxi, which will make it much easier to leave base and see more of Okinawa."

The students also taught the Marines and sailors how to use Okinawa's monorail, also known as the Yui Rail. The Yui Rail spans 12.8 kilometers across Southern Okinawa and costs ¥ 290 to travel its entire length. The Marines and sailors also learned they can use the monorail in conjunction with the bus system.

"The bus and the monorail system are both great and cost-efficient ways to travel off base or even to Naha," said Petty Officer 3rd Class Tam Chu, a corpsman with Marine Air Support Squadron 2, Marine Air Control Group 18, 1st MAW. "It was great to work and talk with the students and actually learn about Okinawa as opposed to simply sitting in a taxi trying to get where you want to go."

The day ultimately provided the Marines and sailors with a rich learning experience and gave them some excellent knowledge and tools to help them explore Okinawa.

"We would love to have more of these days in the future," said Shinzato.

## MALS-36 guides aviation logistics, support in right direction

**Lance Cpl. Adam B. Miller**

OKINAWA MARINE STAFF

**S**poradic gusts of wind coupled with the sounds of aircraft taking off and landing is just another day at the office for the Marines of Marine Aviation Logistics Squadron 36.

The squadron, part of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force, is located at Marine Corps Air Station Futenma and is engaged in many different activities on a typical day.

As of late, the squadron has concentrated the majority of its efforts toward transitioning from the CH-46E Sea Knight helicopter to the MV-22B Osprey.

The transition had a considerable impact on the squadron, according to Master Gunnery Sgt. Felipe Rodriguez, the maintenance chief for the squadron. The Marines went through further training on maintenance and safety to prepare for the Osprey's arrival.

"Acquisition of materials, equipment and tools was a major focus," said Rodriguez. "Our Marines have continued to meet the squadron's routine responsibilities during the transition."

Providing aviation logistics support, guidance and direction to MAG-36 component commands is the primary mission of the squadron.

"We keep the aircraft flying," said Sgt. Tyler D. Thomas, a helicopter power plants mechanic with MALS-36. "We support the entire flight line. We're ready to support all those squadrons and we're ready at a moment's notice. We're here to make everyone else's job easier."



**Marines drain lubricants from the engine of a CH-46E Sea Knight helicopter in preparation for storage Nov. 2 as part of the transition to the MV-22B Osprey at Marine Corps Air Station Futenma. The Marines are helicopter power plants mechanics with Marine Aviation Logistics Squadron 36, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. Adam B. Miller**

Aircraft maintenance, a critical mission for the squadron, may be a greasy, hands-on job, but for Marines like Thomas, it is exactly what they signed up to do.

"I like working on the engines, and working for the squadron is great because I've always wanted an aircraft-related job," said Thomas.

Not all of the Marines with MALS-36 get their hands dirty working on engines, but a collective sense of satisfaction is evident when it comes to accomplishing the squadron's mission.

"(The squadron) provides material, people, parts and capabilities for the aircraft group to go forward, deploy and execute its mission," said Maj. Robert E. Flannery, the executive officer of MALS-36.

Watching MAG-36 aircraft take off from the flight line gives the squadron's Marines a feeling of accomplishment everyday.

"Working side by side with some professional and fantastic Marines is the most enjoyable part of working at the squadron," said Flannery.



**Lance Cpl. Enrique Gallardo sets up a communication interface system at Camp Foster Nov. 6. In May, Gallardo flew to San Diego to donate bone marrow to a woman suffering from acute lymphoblastic leukemia. Gallardo volunteered to be a donor during recruit training and was contacted as a potential match two years later. Gallardo is an aviation systems radio technician with Marine Air Support Squadron 2, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force.**

*Photo by Pfc. Kasey Peacock*



# Marine endures pain, donates bone marrow for stranger

**Pfc. Kasey Peacock**  
OKINAWA MARINE STAFF

In the midst of recruit training, Pvt. Enrique Gallardo was given a form to sign in January of 2010 — a form that, while similar in appearance to countless others that had passed in front of Gallardo, would be very significant in the Marine's future.

By checking a box on this form, Gallardo elected to be a potential bone marrow donor, setting events into motion that would possibly save the life of a complete stranger.

Two years later, Lance Cpl. Gallardo, an aviation systems radio technician with Marine Air Support Squadron 2, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force, received an email stating he was a potential bone marrow match for a 23-year-old female patient in need of a transplant.

The patient, whose identity remains anonymous to the donor until one year after the procedure is completed, was diagnosed with acute lymphoblastic leukemia: a fast-growing cancer affecting white blood cells.

"When they contacted me, I had forgotten that I chose to be a potential donor," said Gallardo. "I have always lived by the idea that if you can help out someone in need, you should. If the temporary pain I (had) to endure during the process could prevent someone from a lifetime of pain, it was worth it."

After further testing confirmed Gallardo was a match for the patient, he received approval to continue with the procedure in either California or New York.

"I chose San Diego because I'm from Los Angeles and my parents and wife were able to meet up with me during the

procedure," said Gallardo. "Their support definitely helped me through the process because they were behind my decision to help someone in need."

The procedure, known as a peripheral blood stem cell donation, began the day after Gallardo arrived at the hospital.

The first phase of the procedure consists of a five-day series of shots designed to expand the bone marrow in the donor's body to assist with its withdrawal.

"The first two days of the injections, I remember feeling a minor headache with a few aches and pains in my hips," said Gallardo. "By the fourth and fifth day, I could feel extreme pain throughout my body."

Gallardo was ready for the marrow extraction a few hours after the fifth injection. His blood was removed through a hypodermic needle in one arm and passed through a machine to separate out blood stem cells. The remaining blood, minus the stem cells, was returned to Gallardo through the other arm.

"Throughout the process, I would think about what my staff sergeant told me back when I was contemplating carrying on with the process," said Gallardo. "It was a morning after we had just run a (physical) fitness test. I was bent over feeling a little tired and she came up to me and (asked if I was) in pain. I said that I was and she responded that whoever is in need of this procedure probably wishes they could run a PFT to feel that pain in their legs."

After the procedure, Gallardo

was cleared to leave the hospital and took leave to spend time with his family and recover.

"I did my best to be there for him for whatever he needed," said Vannia Gallardo, Enrique's wife. "Even though he never complained about the side effects from the shots, I could see that

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**"I have always lived by the idea that if you can help out someone in need, you should."**

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**Lance Cpl. Enrique Gallardo**

he was going through some pain. When the day of the donation arrived, we were a little nervous, but the hospital personnel took very good care of him. After lying on the hospital bed with (intravenous fluids) in him for more than four hours, we were relieved to be told everything went well."

Following his leave, Gallardo was back into the swing of things, carrying out his daily duties with no issues.

"I was impressed that, without hesitation, Gallardo was willing to help someone he didn't even know who was in an extreme situation," said Sgt. Eric J. Hansen, an aviation systems radio technician with MASS-2. "As Marines, we are expected to go above and beyond what is expected in everything we do. Gallardo showed that with his selfless sacrifice."

While Gallardo continues on in his Marine Corps career, he says he eagerly awaits the day he will get an update on the condition of the recipient of his donation, hoping he was able to make a difference in her life.



**Lance Cpl. Enrique Gallardo donates bone marrow to a woman suffering from acute lymphoblastic leukemia in a San Diego hospital in May.** *Photo courtesy of Enrique Gallardo*



# In Theaters Now

**NOVEMBER 16 - 22**

## FOSTER

**TODAY** Wreck-It Ralph (PG), 6 p.m.; The Man with the Iron Fists (R), 9 p.m.

**SATURDAY** Wreck-It Ralph (PG), noon and 3 p.m.; The Man with the Iron Fists (R), 6 and 9 p.m.

**SUNDAY** Skyfall (PG13), noon, 4 and 8 p.m.

**MONDAY** The Odd Life of Timothy Green (PG), 7 p.m.

**TUESDAY** The Expendables 2 (R), 7 p.m.

**WEDNESDAY** The Expendables 2 (R), 7 p.m.

**THURSDAY** The Odd Life of Timothy Green (PG), 1 p.m.; Skyfall (PG13), 4 and 8 p.m.

## KADENA

**TODAY-SUNDAY** Closed.

**MONDAY** The Man with the Iron Fists (R), 7 p.m.

**TUESDAY** The Man with the Iron Fists (R), 7 p.m.

**WEDNESDAY** The Man with the Iron Fists (R), 7 p.m.

**THURSDAY** Twilight Saga: Breaking Dawn Part 2 (PG13), 3 and 7 p.m.

## COURTNEY

**TODAY** Skyfall (PG13), 6 and 9 p.m.

**SATURDAY** Paranorman (PG), 2 p.m.; Lawless (R), 6 p.m.

**SUNDAY** Fun Size (PG13), 2 and 6 p.m.

**MONDAY** Chasing Mavericks (PG), 7 p.m.

**TUESDAY** Closed

**WEDNESDAY** Flight (R), 7 p.m.

**THURSDAY** Closed

## FUTENMA

**TODAY** Taken 2 (PG13), 6:30 p.m.

**SATURDAY** Skyfall (PG13), 4 and 7 p.m.

**SUNDAY** The Odd Life of Timothy Green (PG), 4 p.m.; Looper (R), 7 p.m.

**MONDAY** Flight (R), 6:30 p.m.

**TUESDAY-THURSDAY** Closed

## KINSER

**TODAY** Paranormal Activity 4 (R), 6:30 p.m.

**SATURDAY** The Odd Life of Timothy Green (PG), 3 p.m.; Lawless (R), 6:30 p.m.

**SUNDAY** Won't Back Down (PG), 3 p.m.; Paranormal Activity 4 (R), 6:30 p.m.

**MONDAY-TUESDAY** Closed

**WEDNESDAY** Skyfall (PG13), 3 and 6:30 p.m.

**THURSDAY** Fun Size (PG13), 6:30 p.m.

## SCHWAB

**TODAY** Fun Size (PG13), 5 and 8 p.m.

**SATURDAY** The Odd Life of Timothy Green (PG), 5 and 8 p.m.

**SUNDAY** Alex Cross (PG13), 5 and 8 p.m.

**MONDAY-THURSDAY** Closed

## HANSEN

**TEMPORARILY CLOSED**

## THEATER DIRECTORY

**CAMP FOSTER** 645-3465

**KADENA AIR BASE** 634-1869

**(USO NIGHT)** 632-8781

**MCAS FUTENMA** 636-3890

**(USO NIGHT)** 636-2113

**CAMP COURTNEY** 622-9616

**CAMP HANSEN** 623-4564

**(USO NIGHT)** 623-5011

**CAMP KINSER** 637-2177

**CAMP SCHWAB** 625-2333

**(USO NIGHT)** 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



## SINGLE MARINE PROGRAM EVENTS

For more information or to sign up, contact the Single Marine Program at 645-3681.

### SMP TOYS FOR TOTS GOLF TOURNAMENT - DEC. 7

• Join the SMP for a day of fun and golf at the SMP Toys for Tots golf tournament at Taiyo Golf Course. All players are encouraged to donate a new, unwrapped toy. Deadline to register is Nov. 30.

### SMP BLACK AND WHITE HOLIDAY PARTY - DEC. 24

• Come dressed to impress for an evening of fine dining, prizes, dancing and entertainment at the Manza Beach Resort Hotel. Ticket includes dinner, entertainment and transportation to and from the event from each camp. Deadline to sign up is Dec. 17.

Mention of any company in this notice does not constitute endorsement by the Marine Corps.

## Japanese phrases of the week:

“Eigo o hanashi maska?”

(pronounced: Eh-goh oh hah-nah-shee mahs-kah?)

It means, “Do you speak English?”

“Eigo de onegaishimasu.”  
(pronounced: eh-goh deh on-neh-gah-ee-she-mahs)

It means, “In English please.”



## CHAPLAINS' CORNER

“Marriage is hard work.  
Yet, it's worth the investment!”

## ‘F’ words for healthy relationships

**Lt. Cmdr. Matt Weems**

CHAPLAIN, MARINE CORPS AIR STATION FUTENMA

I don't know if you are aware of this or not, but the “F” bomb seems to be a very popular word. Now, before you read any further, I want you to know something up front. I am not here to put anyone on the spot about their creative use of a certain “F” word. This article is about relationships.

What “F” words am I talking about? Well, I'm glad you asked. Every couple faces, with some exceptions, many of the same issues. So, I compiled a list of the most common “F” words. I'll throw out the words along with my brief description.

Here are my top five:

**Fighting:** Every couple fights. The trick is to fight fair. The past has passed, so let it go. Be open and honest. Secrets are like cancer. Pick your battles. Use your words wisely.

**Finances:** Most couples fight about money. Come up with a plan and execute it. Be honest about your expectations. Work together to be debt free.

**Fidelity:** Remember your vows. You may not always like the person you married, but true love stays the course, even when times are tough. (Danger: Facebook is a great way to connect with people, but I'm not so sure your spouse really appreciates you connecting with your “ex.”)

**Faith:** Are you on the same page, religiously speaking, with the one you love? Understanding what you believe and why you believe it is all important.

**Forgiveness:** Nobody is perfect. Healing takes time. Ask yourself if you would like to be forgiven the next time you screw something up. And it's inevitable – you will mess up.

Jesus put it this way, “Whatever you wish that others would do to you, do also to them.” If space allowed, I could also write about other “F” words such as friendship, family, fun and future. Finally, in case you haven't figured it out yet, marriage is hard work. Yet, it's worth the investment! You have to be intentional. Ask for help, after all, that's what we're here for. Never give up!

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT [WWW.MCIPAC.MARINES.MIL](http://WWW.MCIPAC.MARINES.MIL) AND LOOK UNDER “AROUND MCIPAC”